



We're here  
to support  
you

# Helping you with your wellbeing.

We are now offering one to one sessions with an Assistant Psychologist, for you to talk about ways you can improve your wellbeing such as healthy eating, weight loss, or stopping smoking.

These one to one sessions include 4 x 1 hour sessions which are held over 4 weeks, and are available for our clients who have received an Autism or ADHD diagnosis, as part of our post diagnostic support.

If you are interested in attending our wellbeing hub, please contact your clinician or email us at [admin@theretreatyork.org.uk](mailto:admin@theretreatyork.org.uk).